



# Omega-3s:

## A lifelong nutrient

**Did you know a slower heart rate is linked to a longer life?**

A candle that burns slower lasts longer. Omega-3s can *slow your heart rate by 2 to 4 beats per minute*, so your heart doesn't have to work as hard.

They also reduce triglycerides, lower blood pressure, and make your red blood cells more flexible—all protecting your heart and brain.

## Why Omega-3s Are a Longevity Superpower

### Heart Health

- Lowers heart attack risk by keeping blood flowing
- Slows heart rate by 2 to 4 beats per minute → your heart works less, you live longer
- Drops triglycerides & blood pressure
- Makes blood cells more flexible, improving circulation, easing heart strain, and enhancing oxygen delivery to the brain and body

### Brain & Mood

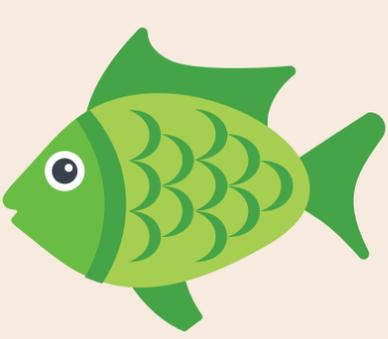
- Low omega-3 is linked to dementia
- Calms brain inflammation
- Supports mood and may ease depression

### Live Longer

- People with the highest omega-3s live the longest
- In Japan, high intake adds 4–5 extra years of life



[My preferred Omega-3s \(use NISHA for up to 35% off\).](#)



## The Problem With Fish Oil

- Farmed fish often carry PCBs, dioxins, and microplastics
- Fish get omega-3s from microalgae anyway!

## Go Straight to the Source: Algal Oil

- Clean, sustainable DHA & EPA
- Made from microalgae grown in purified vats
- No ocean toxins, no fishy aftertaste
- Supports heart, brain, and healthy aging



## Final Thoughts

There is so much solid research on omega-3s now— you're leaving years on the table by not taking them.

## What I Take

I trust [this brand of Vegan Omega-3](#), for a clean, NSF-certified source of DHA and EPA — use code **NISHA** for up to 35% off.

